



# *1 MHG Newsletter*

*January 2006*

## **CO's Message**

I hope everyone's holidays went well. We had a great turnout for the Family Readiness Brief. There were tremendous speakers that were passing vital information in regards to the deployment and assistance for spouses and families. Family Readiness is still our focus of effort in preparing for this deployment.

**January 10<sup>th</sup> is our last Pre Deployment Family Readiness Brief**, at the South Mesa SNCO Club at 1800. I look forward to seeing those of you who were not able to attend in December. It is important that all spouses know what tools are available to deal with the deployment. Child care is available.

The MHG Christmas Party was also a huge success. I want to thank the Christmas Committee, Marines and Sailors, Key Volunteers, volunteers from Hope International, and other volunteers for a job well done. There was plenty of food and entertainment for all ages in addition to some great raffle prizes.

Photos are available to view at [http://www.i-mef.usmc.mil/hqtrs/mhg/MHG\\_News\\_Letter.htm](http://www.i-mef.usmc.mil/hqtrs/mhg/MHG_News_Letter.htm)

Finally, I would like to ask spouses to consider becoming Key Volunteers. As a Key Volunteer, you would see the big picture, get regular updates directly from the command, and assist other spouses in knowing all the resources available. The Key Volunteer Network becomes a support group for you, too. Convenient one-day Saturday classes or two week-night classes can train you to become a part of this vital link with the Command.

The New Year is going to be hectic and challenging. With the right tools, with knowledge of all the resource available to you, and by supporting each other- we can all get through this deployment successfully.

**LtCol Thomas Ward**

**HAPPY NEW YEAR!**

## **IMPORTANT REMINDER TO ALL FAMILY MEMBERS !**

### **PRE-DEPLOYMENT BRIEF**

**Tuesday, Jan. 10th, 6-8 p.m.  
Staff NCO Club**

**Know what to expect with the deployment, what you need to do before the deployment, and what resources are available to assist you!**

**Contact MSgt Abreu at  
760.763.4785 for Childcare info.**

## **Spouse's Q & A**

**Question-** *Do I still get the same healthcare benefits if I go back home during my Marine's deployment?*

**Answer-** To learn the answer to this question and how to address many other issues that may come up, please attend the MHG Predeployment Brief. With a little planning, knowledge, and smart choices, we can all be better prepared. Join the other unit spouses for this important session. This will also be a great opportunity to network with and meet other spouses who will be sharing the deployment with you. Medical, legal, Financial, and Child/Family issues will be a major part of the discussions at the Brief.



Key Volunteers (KVs) are the communication link between the command and the families, particularly during deployment. KVs stay in touch with family members on a regular basis, providing information on resources and events that help to make family life in the Corps more enjoyable and less stressful.

What can you do? Please stay in touch with your KV if you are going to be moving, going to be out of town for a few weeks or months, if your phone number changes, or if you have any questions, your KV is there to help you.

### **I MHG KVN**

**KV Coordinator Laura Crawford (760) 500-2698**

#### **KVs (by shop)**

Adjutant/BEQ/Comptroller	Lori Barnes
Medical	Susan Winters
GPAC	Sara Choate
S-3	Jennifer Saurer
Supply	Kim Matus
S-4/Armory/Field Mess	Brandi Goskie
Motor T/Engineers	Barbara Cook
Truck Company	Caren Kyle

### **COMMAND ELEMENT KVN**

**KV Coordinator Deanne Graler (760) 213-6379**

#### **KVs (by shop)**

G-1	Chantelle Bartch
G-2	Kathleen Devlin
G-3	Rosa E. Garcia & Faith Atkinson
G-4	Sarah Dalke & Sabina Killian
G-5	Cindi Slattery
Comptroller	Maria Evans
G-6	Mary Griggs, Marie Bruno, Catherine Moses & Tiffany Trevino
G-7	Mary Spencer & Lori Burton
G-8	Vacant
G-9	Vacant
G-10	Bettye Greenwood & Kim Bilas
PAO/SJA	Jessica Cordero
Staff Sec	Candy Diosdado

◆◆ KEY VOLUNTEER TRAINING SCHEDULE ◆◆. Advance registration is necessary to insure preparation of adequate materials. Please call 760-725-6637 / 9052

#### **Key Volunteer Basic Skills Training**

**Location: MCFTB Classroom Bldg 1345**

January 10 & 11, Tue/Wed 0830-1200

January 28, Saturday 0830-1600

February 11, Saturday 0830-1600

February 28 & March 1<sup>st</sup> Tue/Wed evenings 1800-2100

March 25, Saturday 0830-1600

## **Information and Referral Resources**

**Birth of child** 800-951-5600

**DEERS** 760-725-2442

**No ID/Lost ID** 760-725-2768

**Naval Hospital Camp Pendleton (24 hrs)** 760-725-6877

**New Parent Support Program** 760-725-3884

**Emergency Child Care** 760-725-3888/0845\*\*

**ChildCare Resource & Referral** 760-725-9723

**FisherCenter (hourly childcare)** 760-725-0845

**Children/Youth/Teen Programs** 760-725-6308

**Children's Counseling Service** 760-725-8519

**Child Abuse (CPS)** 800-344-6000

**Military Outreach Ministry** 877-895-5942

**Family Team Building** 760-725-2335

**Spouse Clubs** 760-725-5355

**Community Centers- San Onofre** 760-725-4310

**Stuart Mesa** 760-725-9717

**Abby Reinke** 760-763-0649

**Youth Centers-**

**DeLuz** 760-725-5608,

**San Onofre** 949-498-9166,

**Wire Mtn** 760-725-2102

**WIC** 800-500-6411

**Run out of money/No Food** 877-985-5942

**Navy/Marine Corp Relief** 760-725-5338

**Consumer credit counseling** 888-298-2227

**Legal Assistance** 760-725-6172

**Drug/Alcohol Abuse** 760-725-5538

**PAO (Media request)** 760-725-5569

**Rape CP Naval Hospital** 760-725-9806

**Victim of Criminal Activity** 911/760-725-3888

**Women's resource center** 760-757-3500

**Domestic Violence Hotline** 714-992-1931

*Referrals* 800-978-3600

**Suicide** 760-725-3888/**Chaplain** 760-725-4700

**Hotline (suicide)** 800-479-3339

**Counseling Services (base)** 760-725-9051

**Counseling (N. County Coastal)** 760-943-0997

**Vehicle Registration** 760-725-2106

**Car Repair** 760-763-0595

**Transportation (local YMCA)** 760-385-4921

**Del Mar Taxi** 760-632-8888

**Emergency housing (off base victim)** 800-843-2182

**Career Focus** 760-725-9451

## **\*\*EMERGENCY CHILD CARE**

This is for genuine emergencies only and must be generated by calling PMO at 725-3888. Not all emergency childcare is free of charge. The emergency child care is for up to 24 hours until a legal guardian or family member can pick up the child/children. Plan ahead! Have a Family Care Plan and a support network in place to cover emergencies- **BEFORE THE DEPLOYMENT!**



## Need Some 'COUPLE' Time?

Deployments are stressful and in the rush to get much accomplished in a short period of times, many couples forget to take time to Re-Connect. Now is the time to remember why you became a family, why you committed to each other, and how you will deal with the long separation. Fussy infants, toddlers in the terrible two's (and three's), financial problems, and other stresses can sometimes rob a couple of the 'down time' needed to forge those bonds of intimacy that will sustain both of you through the deployment. Plan now.

The Fisher Center is an hourly rate, drop-off facility at Mainside on Camp Pendleton. You must pre-enroll your child and schedule appointments. But- for those few hours to just be together as a couple, it is worth it. Take time for the two of you now to reconnect.

During the deployment- Moms (and some Dads), when the stress of being a parent 24/7 starts to wear on you, be sure to use the Fisher Center as a resource. Take time during the deployment to De-stress, take a nap, have lunch with a friend, or just do nothing. For information, contact the Fisher Center at (760) 725- 0845.

### ARE YOU PARTICIPATING IN THE SPOUSE SURVEY?

Defense officials want spouses to know how important it is that they complete the online 30- minute survey that they received notices about. Spouses were chosen at random to complete the survey. The last time spouses were surveyed was 1999. Those survey results reflected a critical need for more childcare facilities and enhanced education benefits. This survey's results will help to identify gaps in family services, with a particular focus on deployment issues. Please take the time to complete the survey. Ensuring that families have strong programs and services boosts readiness. This frees service members to focus on their mission instead of worrying whether or not their families are being taken care of.

**Your voice is important!**

## SPECIAL MILITARY FAMILY AIR FARES STILL AVAILABLE

United Airlines is offering special fares for Military members and their families. The fares are not advertised on [united.com](http://united.com). Instead you have to call 1-800-241-6522 and identify yourself as eligible for military fares. Travel is valid through Jan 31, 2006.

Visit the link below for current fares and details:

<http://www.united.com/page/article/0,6722,51098,00,ht ml>



## THE CHAPLAIN'S CORNER

Sometimes we get gifts at the holidays we don't want. The notorious fruit cake. A house decoration that doesn't belong. A book we're not interested in, a movie in the wrong format, a sweater that doesn't fit (and we wouldn't be caught dead in anyway!). We generally do one of two things with gifts we don't want. We either adapt – shove it into a cabinet, alter our decorating theme, read something new, exchange it for something else, etc. Or, we re-gift it to someone else.

Last month I talked about receiving what people say to us at our personal boundary – an imaginary barrier around us. We let through the barrier the things that are true and might help us grow, and let the things that are not true bounce off and not affect us. The problem is that sometimes those “true” things are things we don't really want to receive. Though stressful we still need to think about changing because of what we learn from those truths.

You might have received some gifts you didn't want. A concern, a comment, an uncomfortable relationship or awkward moment, disrespect not corrected. One gift none of us wants right now is family separation. But that is a gift many of us are about to receive – in fact this will probably be my last message written from Camp Pendleton. If we grow from what is true, even if stressful, and reject the rest, we are left with fond memories of a special holiday season that included good times, self-improvement, and nothing that doesn't belong. Then the re-gift is treasured times carried always in our hearts. Treasure what is good, pleasing, and pure, and carry it with you wherever you may go, and let the rest drift away.

Godspeed,  
Chaplain Smith

# FOCU\$ ON FINANCE\$

## TAXING MATTERS

### **\*\*TAX RELIEF FOR LOW-INCOME TROOPS IN COMBAT ZONES**

Active duty pay earned in any month served in a combat zone is excluded from income. The IRS provides a complete list of combat zone, hazardous duty, and contingency areas.

The Defense and Finance Accounting Service reports what is tax-exempt pay earned in a combat zone in Box 14 of the service members/ W-2 form.

Service members may be eligible for both an Earned Income Tax Credit (EITC) and the Child Tax Credit (CTC).

Service members may elect to include or exclude their tax-exempt pay earned in a combat zone when calculating their EITC.

The Working Families Tax Relief Act of 2004 increased the Child Tax Credit to \$1,000 per qualifying child. However, including combat zone pay as part of total wages is not optional for the CTC.

### **\*\* FREE TAX PREPARATION & FILING**

The Volunteer Income Tax Assistance (VITA) office provides free tax preparation and filing service to military service members. Their contact number is (760) 763-2518

### **\*\* IRS ASSISTANCE**

The IRS has a section on their website to provide tax assistance to service members [www.irs.gov/newsroom/article/o..id=97273.00html](http://www.irs.gov/newsroom/article/o..id=97273.00html). Taxpayers can also refer to Publication 3: Armed Forces' Tax Guide.

For combat zone related questions: <http://www.combatzone@irs.gov/>.

### **\*\* SALE OF A HOME**

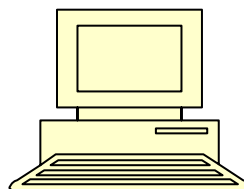
Any service member who has sold a house since 1997 may be entitled to a refund or credit due to changes made to the capital gains provisions regarding the requirement for residency.

### **\*\* STATE TAX EXEMPTION FILING**

A number of states exempt Military Pay from taxation provided certain conditions are met and a DD Form 2058-1, State Tax Exemption Test Certificate, is filed by Dec. 31 for calendar year 2006. Marines should contact PAC in filing exemptions if their legal residence is CT, IL, MN, MI, MO, NJ, NY, OR, or WV.

## **AVOID BEING SCAMMED- PROTECT YOUR I.D. and Social Security #!**

Deployments are challenging enough for spouses. Unfortunately there are scam artists who will use any tactic to gain access to your personal information. A recent report states that spouses of deployed Marines have received phone calls from persons claiming to be Red Cross representatives. The caller(s) state that he or she is doing advance notification of a visit to the spouse from the command and a chaplain. Obviously, that information is enough to create stress for the family member. The caller then asks for the Marine's social security number to verify that it is the correct family being contacted. The chain of command and procedures for family notifications do not include calls such as this from the Red Cross. Any calls of this nature should be reported to the Command.



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### **Free SAT/ACT Software for Military Families**

In association with the Dept of Defense, eKnowledge, LLC, announced that a group of NFL, NFL Europe, AFL, and CFL football players, represented through the Victory Sports Agency, is donating several million dollars worth of SAT/ACT test prep programs, valued at \$199 each, to military families. Families who request the program pay only shipping and handling costs. Service members may request as many programs as they need for the students in their lives. To facilitate ordering, DoD has created a secure website through its Military Homefront site, <http://www.militaryhomefront.dod.mil/> to quickly verify the person's military status before linking them to the software site. Programs ship to domestic U.S. addresses and APO addresses. The programs have a one-year license and are intended for the sole individual use of students on their personal home or laptop computer and are not intended for group or classroom instruction through the schools.



## NEWBORN ENROLLMENT IN DEERS

One of the most important decisions military parents can make is to get their newborn infant enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) as soon as possible after birth. By enrolling in DEERS, parents establish TRICARE eligibility for the infant and avoid potential claims problems and financial hardships in the future.

As a new parent, enrolling your baby in DEERS, the baby becomes TRICARE eligible and is able to receive essential well baby care and the pediatric health care he or she may need.

A newborn infant is covered as a TRICARE Prime beneficiary in DEERS for the first 60 days after birth—as long as one additional family member is enrolled in TRICARE Prime or TRICARE Prime Remote. After the initial 60 days, any claims submitted for a newborn will process as TRICARE Standard until the infant is enrolled in DEERS and TRICARE Prime, or the infant's TRICARE Standard eligibility ends.

TRICARE Standard eligibility benefits end 365 days after birth of any newborn infant who is not enrolled in DEERS.

To establish a newborn's TRICARE eligibility in DEERS, you must:

- (1.) Submit a certificate of 'life birth' and a copy of a verified and approved DD Form 1172 "Application for Uniformed Services Identification and Privilege Card," signed by the sponsor, to your personnel office.
- (2.) Apply for your child's Social Security number. Go to the Social Security Administration website at [www.ssa.gov](http://www.ssa.gov) or call (800) 772-1213 for an application.
- (3.) Once you receive your child's Social Security number, go to your nearest ID Card issuing facility to update the information in the DEERS system.

Any changes that impact family status, such as divorce, marriage, or a new child, must be reported to DEERS.

Enrollment is directly tied to TRICARE eligibility, care may be denied if the sponsor and family members are not enrolled in DEERS.

For additional information on enrolling a newborn baby in DEERS, parents or guardians may contact or visit the nearest military personnel office, ID card issuing facility, or contact the Defense Manpower Data Center Support Office (DSO) at (800) 538-9552. A list of military ID card issuing facilities is available at: <http://www.dmdc.osd.mil/rsl/owa.home>.

Additional information on DEERS eligibility is also available on the TRICARE Web site at:

[www.tricare.osd.mil/deers/default.cfm](http://www.tricare.osd.mil/deers/default.cfm).



## NEW PARENT SUPPORT PROGRAM

The NPSP provides in-home visits by a registered nurse or licensed clinical social worker. Expectant and New Parents learn skills to enhance bonding with their newborn. Parents of toddlers and children under 5 years of age are given the tools to assist with early childhood development issues such as motor skills, discipline, sleep and eating habits, language and social skills, and other topics pertaining to those important early years in a child's life.

The NPSP also provides Resource & Referral information for services available to families provided by both the military and the civilian community. You do not have to live on base to receive the services of NPSP. Camp Pendleton NPSP service area also includes San Clemente & Temecula

NPSP offers special classes and support groups where parents can bond with other parents and discuss child rearing issues. Check out 'Baby Boot Camp,' 'Parenting Classes,' 'Our First Friends,' or 'Play Morning.' For more information, call (760) 725- 3884.

**Attention: Parents of Infants, Toddlers,  
and Young Children. Education Program  
Available For Early Childhood Through  
MAAC Project- Early Head Start**

MAAC Project Head Start and Early Head Start are a bilingual/multicultural, early childhood and family education program funded by the federal government. There are several programs available. Early Head Start is a developmental program for infants and toddlers, 0- 3 years of age and their families. Families and staff work together to promote the child's development in all areas including cognitive, social, emotional, motor development, speech, and language. For information call (760) 471- 4210.

**REMINDER- BASE HOUSING  
IS AVAILABLE!**

Contact Lincoln Management, the PPV contractor, 760.385.5310, by e-mail at [Lincoln\\_cpen@lpsi.com](mailto:Lincoln_cpen@lpsi.com), or by visiting the Central Housing Office on E Street, Bldg #1138 (Mainside). Priority is given to families whose Marine (or sailor) is deploying.

**ABOUT THE CORPS**



**THE MARINE CORPS  
MASCOT**

After WWI, an English bulldog named "Sergeant Major Jiggs" was presented to General John A. Lejeune, 13<sup>th</sup> Commandant. From then on, the English bulldog has been the official mascot and has 'served' at the Marine Barracks, 8<sup>th</sup> and "T" Streets, in Washington, D.C.

As a tribute to one of the Corps' most heroic officers, the late Lieutenant General Lewis B. Puller, the mascot's name was changed and remains, "Chesty."

Many units have their own bulldog mascot, but the official Marine Corps mascot is assigned to Marine Barracks, Washington, D.C.

**Powers of Attorney and Wills are not just for  
the active duty spouse.**

With deployments, active duty service members are reminded that an important part of preparedness is drawing up a Power of Attorney or a Will. This serves to reduce the amount of stress encountered by family members when dealing with a serious injury or death.

Often times, however, the remain behind spouse has not planned for unforeseen events such as an automobile accident, serious illness, or other situations where she (or he) is unable to take care of minor children, handle finances, or take care of important household matters, pending the return of the Marine or sailor.

Will and Power of Attorney forms can be downloaded at <http://sja.hqmc.usmc.mil/forms.htm>, completed, and submitted to legal for endorsement.

**To View Monthly Newsletter:**

[http://www.i-mef.usmc.mil/hqtrs/mhg/MHG\\_News\\_Letter.htm](http://www.i-mef.usmc.mil/hqtrs/mhg/MHG_News_Letter.htm)

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**Send In Photos From Your Marine To:**

MSgt Abreu at [Robert.Abreu@usmc.mil](mailto:Robert.Abreu@usmc.mil)

Eagle Globe and Anchor artwork by

Cpl Saul Guerra I MHG

If you received this newsletter by mail  
and want to provide us with an e-mail address,  
please send an e-mail to: MSgt Abreu at

[Robert.Abreu@usmc.mil](mailto:Robert.Abreu@usmc.mil)

We will make sure you are added to our list for updates,  
information and events!

**CUT AND KEEP**

- I MEF Command Message 866-676-0662
- MCB CP Staff Duty Chaplain 760-561-5617/5618
- I MHG Chaplain 760-725-6960 cell 760-390-3979
- I MHG Key Volunteer V-mail 760-763-4785
- Commanding Officer – LtCol Thomas W. Ward
- Executive Officer – Major Robert Nash 760-763-2687
- SgtMaj C. R. Rios 760-763-2689, 760-285-4861 cell
- Family Readiness Officer (FRO)  
Capt. Robert J. Crawford 760-763-2692  
[Robert.J.Crawford@usmc.mil](mailto:Robert.J.Crawford@usmc.mil)
- American Red Cross 800-951-5600
- MCCS One Source (760) 763-2518  
[www.mccsonesource.com](http://www.mccsonesource.com)
- Emergency Child Care 760-725-3888/0845
- Naval Hospital Camp Pendleton (24 hrs)